

- (12) Physical exercises (Vya yamam)
- (13) Magical performances (Bhuta Bhetala Yashkini Sadhanas)
- (14) Six actions (Shat Karmas)
- Sacrifice (Yajyam)
 - Worship (Yajanam)
 - Learning (Adhyanam)
 - Teaching (Adhyapakam)
 - Gift making (Dhanam)
 - Receiving gifts (Prati graham)
- (15) Letter writing (Lekhanam)
- (16) Selling and buying (Kraya, vikrayamulu). Buying and selling either through barter or money are the two most basic and fundamental transactions in human relationship and the whole of the present day complicated economic structure of production, distribution and consumption, is based on and resolves itself into, buying and selling. When you go a shopping, see that you do it in your right nadi and you will not fall an easy prey to every imposter that you come across, unlike our friend Moses, the Vicar's son. One of the main causes of maldistribution of wealth is perhaps this open practice of swindling and imposture among individuals and nations which the political economists call exploitation.
- (17) Fighting and War. Evidently the Facist powers had begun the war in a wrong nadi.
- (18) Enjoyment (Bhoga) You should make gala in your right nadi only to avoid undesirable after effects.
- (19) Bathing (Snana)
- (20) Taking in food (Ahara)

All these twenty categories of actions should be performed while pingala or the right nadi is playing.

Actions in Sushumna :

The following actions should be done when the Sushumna is playing i.e., when you are breathing through both of your nostrils.

- Practice of Astanga Yoga.
- Prayer and Japa (Nama Samkirtan)
- Cursing. If the ancient Rishies were provoked they used to throw out curses as powerful and devastating as the atomic bomb. If you know when to curse, none can afford to insult you, or pick up a quarrel with you or look down upon you, with impunity.
- Blessing. There cannot be any wishful thinking so long as you know when and how to think. You can shower your effective prayerful blessings on the underdog and thus contribute your invisible nontheless tangible quota of social service. But on that score, you are by no means, absolved from, and relieved of, your more direct constructive responsibilities.

The Sushumna Nadi is a sacred nadi. It is the time for cessation of all work. You should lay down your tools and withdraw all your senses (Indriyas) into the depths of your soul, tortoise-like and surrender and merge your individuality in the Unity of All Individualiteis. The Sushumna plays at rare intervals. It generally runs at twilight (Sandhya Samayam) and in the midday. That is why performance of Sandya Vandanam is enjoined thrice in a day, the dawn, the midday and the dusk. We do Pranayama in the Sandya vandanam. The Prana goes along the Sushumna nadi and awakens the Kundalini Sakti and draws it upto Brahma Randra. When the Kundalini Sakti reaches Brahma Randra, the state of Nirvikalpa Samadhi is attained.

Detection of impending calamities and how to avoid them :

If your nadies do not show or tally with those shown in the chart, it forebodes evil.

- If the wrong nadi flows during the first fortnight in the month, you will find yourself suffering from fever before the full moon-day.